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Ramadan Kareem



Dear colleagues, partners and supporters,

As we edge closer to the final ten days of this blessed month of Ramadan, these days bring a deeper connection to God in their religious and spiritual journeys in a solitary manner. I continue to focus on spiritual nourishment and guidance and think of my family – how they will fast and do the same. Whilst I write to you here in the UK, my head sees the beautiful diversity of London, including the unique lights in Piccadilly Circus and Oxford Street as well as Manny other place across the UK; wishing a "Happy Ramadan" and I

am reminded that any challenge we face is made more accessible when we stand together, bound by a desire to make our society better for all and grounded in mutuality. We know how difficult it can be to observe if away from loved ones this time of year. Still, we always urge compassion and understanding and remind communities that our counselling sessions are there if needed.

I wanted to provide a small update about what Tell MAMA is doing and has done already in this blessed window of time and in this first quarter of 2024.

Throughout this holy month and more generally, we continue to provide support and reach out to communities following [the rise in anti-Muslim cases in the UK since Oct 7th, 2023](#). We continue to work closely with policy makers, police forces, universities, schools, public and private sectors to provide tailored training and advice to tackle anti-Muslim hate.

For the workplace and for educational practitioners, we urge them [to engage](#) with our tool kits and advice about Ramadan in educational institutions. We urge compassion, understanding, and urge staff to reflect on how the month can help build bridges and learn more about Islam and the lives of Muslim staff and students.

Our revised safety advice is available [to download here](#). For parents and young people, [we have tailored age-appropriate advice](#).

May our good deeds, acts of charity and compassion continue to extend togetherness as we work to help those impoverished and seek out others when we, in turn, require aid.

Let me end this message with a simple yet crucial pledge: let us continue to champion compassion, mercy, and care for ourselves and those around us, those deserving and those we are yet to forge bonds with. And let us pray for peace in the Middle East.

Best wishes,
Iman Atta OBE, Director

To download our safety tips, please press on the images listed below.



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